

Lesson 6

Goal Setting (1)

2nd Year Goals



Key Skills

Being Literate, Managing Myself, Staying Well, Managing Information & Thinking, Working With Others, Communicating

Statements of Learning

1, 5, 6, 7, 9, 11

Lesson Introduction



Learning Goals

At the conclusion of this lesson, I will be able to;

- **Review** my 1st Year goals.
- **Outline** my new/continuing goals for 2nd Year.
- **Plan** the specific steps I need to take in order to achieve 2 of my goals.

Wellbeing Indicators



Responsible



Respected



Connected



Resilient



Aware

Journal Activity



Complete the Journal Activity (A) on page 25 in your Student Journal.

Nurture
4 Wellbeing



Discussion



What were some of your goals in 1st year?

- Share 2 of the goals you wanted to **achieve** in 1st year.
- Did you achieve the **desired results**?
- What **steps** did you take to reach your goals?
- What steps **worked well**? What steps **didn't work well**?



Journal Activity



Complete the Journal Activity (B) on page 25 in your Student Journal.

Nurture
4 Wellbeing



Identify 2 Main Goals You Wish to Focus on This Year



Journal Activity



Complete the Journal Activity (C) on pages 25 and 26 in your Student Journal.

Nurture
4 Wellbeing



Lesson Review



Learning Goals

At the conclusion of this lesson, I will be able to;

- **Review** my 1st Year goals.
- **Outline** my new/continuing goals for 2nd Year.
- **Plan** the specific steps I need to take in order to achieve 2 of my goals.

3, 2, 1

Three things I learned today.

Two things I will change or improve.

One thing I want to know more about.

Lesson Review



Traffic Lights

Colour the traffic light which best represents your understanding of today's lesson



Red

I don't understand at all and need help.

Orange

I need some support and don't fully understand some aspects of what we learned today.

Green

I am happy that I understand this lesson very well.

Indicators of Wellbeing

Tick the appropriate Indicators of Wellbeing you identified in today's lesson



Responsible



Active



Respected



Connected



Resilient



Aware